

BRIDGES

WEDNESDAY, APRIL 8, 2015

GARDENING:
How to tame spring's
first and unwanted
blooms **P.16**

SHARP EATS:
Make your morning
oatmeal a drink with new
smoothie product **P.18**

WINE WORLD:
Toast spring with a
salad-friendly pick
from France **P.19**

A STARPHOENIX COMMUNITY NEWSPAPER



SMALL TEAM, BIG SUCCESS

HOW JOEL WELLS KEPT SPINNING OUT
BASKETBALL WINNERS WITH
HARVEST CITY CHRISTIAN ACADEMY
P.4

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

CONNIE MCGRATH

Thank You For Bringing Me

In my picture book *Thank You for Bringing Me*, I remember Me a father thinks he is too busy to take his little girl shopping, shopping and taking her to the park for a pleasant surprise.

This book is about a father and daughter, but it could be any child with any adult. I am a grandmother now, but I remember when my children were little and I would take them to the park, and all children do. Many times I had to work a floor first or throw a mother first of laundry, or go to another place before I could sit down and play with the kids.

I was busy doing important things every day. I thought, I wonder how many times I said, "Just wait, I'll be with you in a minute." I have to finish

this first.

Children are spontaneous, free and very joyful — so it should be. I was sure my children did not know what I was doing with the same sense of urgency and logic that I did.

I wrote the book to celebrate the relationship between a child and an adult. Kids are joyful. They are active, social and love to play. They also love spending time with their mother and father. When my daughter asked her daughter to bring her to the park, my granddaughter said, "That was so much fun. Thank you for bringing me." In this book there is a gentle reminder that I think you will enjoy.

After my book presentation to schoolchildren I always ask, "What do

you like to do with your dad?"

In a farming country, a little kindergarten girl said, "I like to clean out the combine with my dad." My six-year-old granddaughter, who has traveled many places, said, "I like to roller skate with my dad." Simple.

Thank You for Bringing Me reminds us to enjoy the gifts of childhood: simplicity, fun, laughter and love. Reading to children creates a special bond and I know you will have fun reading this book to your child. It's perfect for Father's Day or Mother's Day.



Connie McGrath

Visit www.conniemcgrath.com for more info. Order from any bookstore using ISBN 978-0-980297-0-1. Available from www.conniemcgrath.com, 3/16/11

Anderson (Bookstore) and others on The Saskatchewan Writers' Guild provides some funding information. Left side find all writers & services.

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Learn how to fly that Canadian Goose!



Dear Chip,
Why do Canadian Geese fly in the shape of a V?

By

Dear Chip,

Because it would be too confusing to fly in an S. Just kidding! So far, scientists have found there are three main reasons that geese fly in a V formation. First, birds that fly in a V use up to 30% less energy than solo flying birds. Each bird flies just behind and to the side of the bird in front of them. Then they trace their wing beats in order to catch the updrafts and gusts from the bird in front of them! The idea that they work as a team is very uplifting. All members of the group take turns being in the front, taking back when they get tired, so that they can fly long distances without having to stop to rest. Secondly, it makes it easier to keep track of every bird in the group. When migrating birds fly in a V they constantly communicate with one another throughout the flight to make sure no one gets left behind. Finally, scientists believe that the more experienced and well-traveled birds will take turns being at the tip of the V in order to clear the group in the right direction. Harvesting pilots use these techniques as well for the very same reasons!

Send your questions to me at the address below, then watch Chip for the answers.

Your pal, Chip
P.O. Box 1000, Beaver Creek
440 10th Avenue South
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Beaver Creek Conservation Area
Beaver Creek, Saskatchewan S0B 0A0
P.O. Box 1000, Beaver Creek



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ON THE COVER PG. 4



Joel Wells covered the Harvest City Christian Academy's Harvest City Christian Regatta to a record-high consecutive presence of stars — from 2007-14. **STC076 PHOTO BY TROY FLEECE**

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When they are considered a weed in every place and possibly hated by many parents everywhere, they do have a good side. Dandelions are a food source (nectar pollen/anthems) for many insects and are especially important for early foragers. **STC PHOTO**

BRIDGES COVER PHOTO BY TROY FLEECE

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ON THE COVER

To climb the mountain is half the fun.

— Joel Wells

HIGH SCHOOL BASKETBALL

Joel Wells produces winners on the court and in life



Harvest coach Joel Wells, shown here at Harvest City Church in Maum, led the Harvest City Prospects to a record 10 straight consecutive high school basketball provincial championships. He also mentors his future father.

By Don Rice

As a Grade 10 student almost 35 years ago, Joel Wells organized the first basketball team to play for Regent Harvest City Christian Academy.

They had no school gym, so before each practice he stood at the door of a rental gym and collected \$6 from each player. They pooled their money to buy a single rubber ball. Inside they had no coach. Wells recruited one.

That first year they had no league to play in, so they practiced all on their own. They attended just one year-end tournament, at a convention in Saskatoon.

Wells learned a couple of decades. Wells is 44, grown up, and no longer the basketball team he was instrumental in creating. The Grade 10 kid with a passion for hoops went on to coach, tying the all-time Saskatchewan high school basketball record for most consecutive provincial championships in the process.

He led the Harvest City Prospects, born in the harshest of settings, to eight consecutive league titles from 2007 to 2014.

Working just one provincial championship is a formidable task for any school, but winning eight in a row? "More impossible," said Head Coach, a rural coach from Oak Valley Christian Academy.

Hard hard as it? Key players graduate every year, and the roster is in a perpetual state of turnover. Multiple playoff rounds prior to playoffs can be excruciating. And all the time, top schools wear a growing target on their back as other schools try to knock them off their pedestal.

"You might see a run of two or three years, perhaps," said Wells, whose team ended the Prospects' lengthy championship run by defeating them

twice in the original playoff finals in March. But to do it for eight years? It speaks volumes to the commitment of their athletes and the commitment of their coaching staff. That's really remarkable.

Harvest City shares their record winning streak with one other school, the South Carleton Place girls team, who collected gold from 1983 to 1986. The Anders were led by three different coaches during their record stretch.

Playing for him is definitely a privilege... He taught about life and how to become a man, and how to be on and off the court. — Thomas Edguziane



Harvest City Rockets guard Allen Simon, left, was one of Joel Wells's standout players along the team's string of championship seasons. (PHOTO BY MICHAEL HILL)

While the winning streak is an exciting accomplishment for Harvest City, Wells doesn't dwell on it. He places more importance in seeing other signs of growth in the boys he has coached.

"When I look back on it, sure you take a lot of pride in the wins," said Wells, who taught at Harvest City Academy for 11 years before becoming a pastor at Harvest City Church six years ago. "But my focus was to let the boys know they were growing. I don't care if you win a Hoopla championship but you lose an life. I would far rather you win an life and lose a provincial title."

"I still have guys that are 30 years old that will call me up and play into the clear on my

offer for advice or for some wisdom. I've still trying to help them make good decisions in life. These things always matter more to me than the wins and losses."

Wells coached the boys at Harvest City for 17 years, before stepping down as head coach last season. Wells coached teams qualified for Hoopla all 17 years he coached. He has won 10 titles, the first in 2000.

Wells says two players stand out during the streak. In the early years, Hakeem Hobbs starred for the team. Later on, Allen Simon dominated. Simon was allowed to play for five years, and was a starter on the team when he was only an eighth grader.

Continued on Page 6

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The StarPhoenix

But my famous quote to the boys has always been, 'I don't care if you win a Hoopla championship but you lose in life. I would far rather you win in life and lose a provincial title.' — Wells



Regina Harvest City Christian Academy celebrates their winning in the 26 boys (left) at Evan Hardy College in Saskatoon in 2012. (Photo by RICHARD MANNING)

"I had seven years where I had Hefila and I had Aton," said the 46-year-old Wells. "To have those two guys, and I had other great players to surround them, but those were the two cornerstone players."

Making the Harvest City streak extra special is that they actually played 11 across multiple divisions. They voluntarily moved up to higher levels of competition twice during the streak.

The Raptors won their first six championships in the 1A division, intended for schools with a high

school enrolment of less than 30 male students. In 2011, to challenge themselves, they moved up to 2A competition for schools with 30 to 80 males, even though their enrolment remained at the 1A level. They won again.

Knowing he had a strong team again last year, Wells opted to move the school up one more level, into 3A competition, designed for schools with 81 to 180 male students. His team featured three strong seniors including Stenaa.

"After we rose of the best basket-

ball players in the province," said Wells. "He was on the provincial team the last number of years. You could argue he was in the top three to five players in the whole province — pretty phenomenal ability."

Julian Aguhah and Donald Felix were also high level senior athletes last year. Wells noted that Stenaa was known to score between 20 to 38 points per game while it was not unusual for Aguhah to notch 35 to 38 and Felix between 28 and 36.

Last year I just knew we had such a special team and we needed

to move into a level where we were really going to be pushed to win." Wells said about moving up to 3A. "To climb the mountain, at half the fun. We needed to be challenged and so that was the decision we made."

They extended their streak to eight with last season's 3A win, a victory that Wells said is one of the most significant of his career. He knew it would be his last as coach.

Wells stepped down from the senior team to allow more time with his wife Angela and daughters aged 11, nine and six.

He didn't step away from coaching all together. He now coaches his oldest daughter on a team he formed last year when she was in Grade 9.

When Wells first let it be known that he was starting a new club team, his phone ring non-stop with parents wanting their kids to join.

"I actually could have started two or three club teams with the amount of people that were phoning," Wells said. "People want their kids to get more coaching, and I guess I had a good reputation so that didn't hurt. I absolutely loved it."

I still have guys that are 25 years old that will call me up and plop into the chair in my office for advice, or for some wisdom. I'm still trying to help them make good decisions in life. — Wells

"Two coaches took over the senior boys' team this year. January 1st, an assistant under Wells who also played on the school's first Hoops winning team in 1986, teamed with Jason Muller who taught the park league boys last season.

The new coaches got the most they could out of the boys, but saw the streak end when they ran into a powerful Ester Laus team in the regional championship final. Despite frustration, one step away from Hoops this year, they still ranked as one of the eight best 3A teams in the province. If the team had played in the 3A category, where they actually belonged, their streak might be over.

Harry Brown, who coached the South Central Astoria through four of their eight straight championship seasons, was pleased to hear another team had the Astoria all-time record.

"Records are made to be broken," Brown said from her storage near Oklaola Alta.

Brown recalled winning 60 consecutive league, exhibition and provincial games at one point during their Hoops championship run, and that the streak was heavily covered in the media at those days.

"A year, year after your first year, it's hard to get to the top but it's harder to stay there."

Brown, like Wells, went on to coach his daughters starting when they were in Grade 5.

"Every year becomes more difficult and more difficult. It's a test. It's not easily done, and it's probably even tougher now than it was when I coached, because kids are starting to play younger so the culture of basketball is probably even further advanced."

"Following my students after their playing days were over and

seeing them take the lessons that they've learned when they were competing, into the next stage in life, was even more rewarding than the wins."

Wells took over pastoring at Riverwest City Church, with a congregation of about 1,000, for his friend Dave Wells, who led the church for 31 years. Dave remains on staff with his wife Linda.

Thomas Skopatzis, who played four years under Wells and wrapped up his own five-year playing career this season, is quick to praise his former coach.

"Just Wells is an icon for pretty much everything that's played here on the court and the gymnasium. Playing for him is definitely a privilege because he didn't just teach basketball. He taught about life and how to become a man, and how to be on and off the court."

john@theparkleagues.com



Nabeel Nabeel (left) was one of the standouts with the Riverwest City Warriors during their string of championship seasons. (Photo by John Wells)

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IN THE CITY

APRIL 5, 2013 — 1:10 P.M.

A holiday hunt



Six-year-old Jacey Desjardins goes on a scavenger hunt organized by the Museum Valley Centre with her family on Easter Sunday. Photos by MICHELLE HILL

ASK ELLIE

Partner's loutish behaviour when drinking unacceptable

Q. When my boyfriend drinks with his friends, several he ignores me.

He also tries to impress them, as if I wasn't at the bar, as if he's not even my friend. I said or what I'm wearing.

Along with us, he's very loving and I'm not a needy or a needy person. I don't need to be a needy person. I don't need to be a needy person. I don't need to be a needy person.

A. Someone who treats you when drinking can become an even more of a drinker over time. If you let him.

The alcoholic habit isn't fair off when someone shows so little concern about home. The next step in this relationship is up to you, or the shabby treatment you find.

When he's asked to describe what he did and used recently, and he made you feel. Mention a few of those incidents that were always associated with his drinking.

Then ask him to be honest about it, and what he suggests you do do. Some possible solutions if you both agree:

• He limits his drinking, espe-

Ask Ellie



cially when with you, but even when alone/friends.

• If he reverts to the old habit, you're attending an Alcoholics Anonymous meeting to learn what "alcoholism" really does to people and their relationships.

• You take a break from each other and agree to only get back together after several months, if he consents to changing his harmful path.

Q. My son, 11, can't accept that I'm dating someone older than the Carthage. He's used to me being someone through his father and I more never match, and now read much things. He's mad to my boyfriend's bad

been very kind and understanding, and never made harshly. He tried to tell me something about his basic growth. My son just started out.

I love this man and he's asked me to marry him. Based on his feelings, I'd say yes. But what will this do to my relationship with my son?

Wendy of Mount Pleasant, SC
A. Your son's budding attitude and distancing is based on his teen age fear of change.

Despite his unacceptable reaction, he needs some compassion for his anxiety as well as clear limits about what's acceptable behaviour.

Tell him you know he's worried about what all this means, but he's focusing on the wrong thing, and making himself miserable.

Tell him you'll always love him, and always be involved with him. No partner can replace his dad you raised, and as decent partner — which this man is — would ever want to come between you and your son.

Tell him you believe he's a better person than his past partner. By

making this much clearer the more it is. He'll be just as respectful of anyone else he is talking to as an excuse — which finally is what makes about anyone around me to do.

Tell him you know he's smarter, kinder, and more humanitarian than that. Just sound.

But at the end, he needs to take some responsibility for what he says and how he acts. Since he's upset about what's going on, you're ready to hear him out — without the nastiness.

You're not rushing into marriage. You're not leaving him, your relationship with him and your family to you, but he can't be rude to this man and must acknowledge his presence.

You need him to calm down with out expecting bad things to happen, because they won't.

Ask your boyfriend to be patient too. While he doesn't have to accept or get to be his own, not to overreact, we'll all take time to try to develop understanding and build respect.

Q. My mother keeps asking me when

we're going to have a baby. We've had lots, haven't conceived, any with a doctoring whether she wants to do IVF (in Vitro Fertilization).

My mother gives me such a hard time. How do I prevent her from upsetting my wife, who isn't ready to talk about it?

Privacy Issues
A. Tell her firmly to shut off! Or she could harm her relationship irreparably with your wife.

All she needs to know is that you both would like to have a child. The disappointment and anxiety is hard on both of you, but especially for your wife. Explain her about how much too that is in Vitro Fertilization, for example, involves a combination of drugs used to make the women get into more eggs.

Some side effects women experience are: urinary tract infections, head aches or hot flashes. There's an increased risk of ectopic pregnancy and other risks, too. All this makes it a very personal decision between you, your wife and a doctor.

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EYES by Ellie Wright

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ON THE SCENE

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FUZE is a joint venture between the Seattle Chapter of the International Association of Business Communicators and the Seattle Chapter of Professional Marketing Association.

Attendees spent the evening with two inspiring, international keynote speakers: Rachel Miller (founder and CEO of Hillberg & Berk) and Zahra Al-Hassan (owner and CEO of Foundry Communications and Chatterbox's Top Entrepreneur of the Year 2010).

BRIDGES PHOTOS BY GREG PENDER



ON THE SCENE



1. Jovita Zach and Paula Lichtenwald
2. Ezer Jenkins and Ramona Lule
3. Nicole Walsh, Danielle Bradham and Daphne Sawyer
4. Briana Bowdell and Mike Sheridan
5. Dean O'Hmann, Dawn Sabatovsky, Glen Woodward and Wino Kokkalis
6. Natascha Hinde (front, with Derek left tonight), Jacqueline Woods, Glenna Bergeron, Rachael Kinney and Sandra Avery
7. Brooke Klusacz and Ryan Holowaty
8. Faye Chapman and Mike Gonsauv
9. Al Ramsey and Anthony Townsend
10. Colin Dobranski, Rebecca Kay and Anthony Townsend

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EVENTS

MUSIC

Wed., April 3

Tony K Tate
Bark in Broadway,
617 Broadway Ave.

The Small Classes
Village Guitar & Arts
432 205th St. W.

Leah and Hermosa
Cactus Music Club
304 First Ave. N

Tyler Penney
Play a Pub and Grill,
1403 Broadway Dr. N

Thurs., April 5

An Evening with Del Serber
The Refinery
605 Quillum Ave.

Ernesto and The Roadies
Cockers Restaurant & Lounge,
1-227 Posthouse Dr.

Angie Ono
Bark in Broadway,
617 Broadway Ave.

Fiddle Society: The Rural Roots
Thea Friday, Lucas Welsh and
Cathy Episodic
The Sawdust,
304 Fourth Ave. N

Scenic Route to Alaska w/
Cameron Scott House
Village Tavern,
601 Broadway Ave.

High Kick w/ The Mohs
Cactus Music Club
304 First Ave. N

Fri., April 6

Eric Church w/ Brothers
Delaware
Sawdust Center,
393 Thresher Ave.

Hans Floride: Martin Jenkins
Rock Singer Series: Andrew
Mennard
The Sawdust,
304 Fourth Ave. N

Art In
Army & Navy Club,
350 First Ave. N

Katie Miller
Machly Robinson,
3103 Eighth St. E.

Footloose
Teen Town Tavern,
3330 Franklin Dr.



Country music artist Eric Church performs today at Sawdust Center.

The Rhythmites
Rainforest Senior Citizens' Centre,
1031 Fairview Ct.

Old Towne w/ Degan Harding
at 810
Village Tavern,
601 Broadway Ave.

MCQuay w/ Cowboyshair
The Blue Moon
Cactus Music Club,
304 First Ave. N

Close Teller
Village Guitar & Arts,
432 205th St. W.

Highly Visible District
Play a Pub and Grill,
1403 Broadway Dr. N

Putnam Clay Quartet
Cockers Restaurant & Lounge,
381 Levee Dr.

Sat., April 7

Planet Stage w/ Neil Cunniff
Art Travellers Series: Travel
St.
The Sawdust,
304 Fourth Ave. N

Art In
Army & Navy Club,
350 First Ave. N

Gold Tones
DownTown Legion,
406 Tweedle Creek St.

Lower Ochs
Neptune Legion,
3001 Louisa St.

Viggo Bergen
Machly Robinson,
3103 Eighth St. E.

Danilo Jones w/ The Lazy
O Blues Band
301 Second Ave. S

Close Teller w/ Nature Of
Arctic
RBC Outlets Ave.

Gregg Chappin w/ Good
Enough, Jimmy St. & Anne the
Animal, and the the the
Village Tavern
601 Broadway Ave.

Highland Choir
Piazza Pub and Grill,
1403 Broadway Dr. N

Sun., April 10

Aqueduct Arts
Bark in Broadway,
617 Broadway Ave.

Randy Bachman
Cockers Restaurant & Lounge,
381 Levee Dr.

He & The Mrs.
Cockers Pub Government Church,
509 Acadia Dr.

Mon., April 10

The Moving After
Bark in Broadway,
617 Broadway Ave.

Dave Hansen w/ Katie Mattson
Arctic
RBC Outlets Ave.

Tues., April 10

The Moving After
Bark in Broadway,
617 Broadway Ave.

Gambou w/ Egypt
at 810
Village Tavern,
601 Broadway Ave.

ART

Humboldt and District Gallery
Until April 22 at 601 Main St.

Humboldt and District Gallery
Until April 22 at 601 Main St.

What you need to know to plan your week.
Send events to bridges@thetstarphoenix.com

The 4th World with works by
indigenous artists, School Art,
and the RBC Artists by Artists
membership exhibition. Time
and Water, with works by Bill
Gibson and member Tony Bell-
Gibson and member Tony Bell-
Gibson by Grades Seven
and eight students. Noon-5 p.m.

Lower Ochs
Neptune Legion,
3001 Louisa St.

Viggo Bergen
Machly Robinson,
3103 Eighth St. E.

Danilo Jones w/ The Lazy
O Blues Band
301 Second Ave. S

Close Teller w/ Nature Of
Arctic
RBC Outlets Ave.

Gregg Chappin w/ Good
Enough, Jimmy St. & Anne the
Animal, and the the the
Village Tavern
601 Broadway Ave.

Highland Choir
Piazza Pub and Grill,
1403 Broadway Dr. N

Sun., April 10

Aqueduct Arts
Bark in Broadway,
617 Broadway Ave.

Randy Bachman
Cockers Restaurant & Lounge,
381 Levee Dr.

He & The Mrs.
Cockers Pub Government Church,
509 Acadia Dr.

Mon., April 10

The Moving After
Bark in Broadway,
617 Broadway Ave.

Dave Hansen w/ Katie Mattson
Arctic
RBC Outlets Ave.

Tues., April 10

The Moving After
Bark in Broadway,
617 Broadway Ave.

Gambou w/ Egypt
at 810
Village Tavern,
601 Broadway Ave.

ART

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Until April 22 at 601 Main St.

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perspective exhibit by Sharon
Gibson, runs until June 27.

SCULPT Art Gallery
Until April 17 at 203 Third Ave. S.
First sale show by Thayer
Marlin. Reception 4 p.m. to 5 p.m.

Rye Gallery
Until May 9 at 97-832 College Dr.
On My Point of View: a student
art exhibition by artists from
Ningdong to University level.

**Opening reception April 23,
4:30 p.m. to 7 p.m.**

St. Thomas More Gallery
Until April 29 at 1427 College Dr.
Collective Observation, the 10th
annual UCA/UCO student and
Certificate Student art exhibit.

A RIA Artist Run
Until April 25 at 424 209th St.
W. Interior Latex (Surrealist by
Robert Tots).

Travel Arts
Until April 29 at 424 209th St.
W. Video Forum by A Rose
Movie. A collection of au-
thentic video languages over
multiple screens.

The Gallery at Art Placement
Until April 30 at 228 Third Ave. S.
Towards the Strawberry Hills
by Chris Hanks.

Station Arts Center, Heston
Until April 30 at 751 Highway
Ave. Redline: Works from the
Young Artist Program.

Art in the Center
Through April at Parkside Cen-
ter, 35 Copper Creek Way by
the Sawdust Quilt Guild.

Western Development Man-
agement
Through April 20 at 2810
Lorne Ave. Big Bear Travelling
Exhibit. In partnership with
the Royal Canadian Mounted Police.
A 92 million-year old pros-
pector brought back to life
through 3D imaging.

Celestial Bakery & Restaurant
Until May 2 at 120 Broadway
Ave. Powder & Placenta, new work
by Cindy Huggott-Holmes.

Hendrick House Showcase
Until April 22 at 710 Broadway
Ave. Placenta & Placenta, a show
of Bone art by Cindy Huggott.

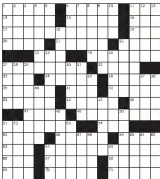
Events continued on Page 14

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Bow-tied on seasonal events
 4 Home-on-the-range
 11 Cold and blue-gray
 14 Turn (silly) thing
 15 John Lennon tribute to 1960s hit
 16 In-a-bis-bis
 17 Canine and Laverne between 1957 and 1970
 19 Teak for one
 20 Puffa with mother
 21 Half-deer of a legend
 22 Several problems
 23 Henry's prize
 24 Photo test
 27 Study of whites
 32 Beginning of a conclusion
 33 Boston Garden legend
 34 Whirlwind machine
 36 Lay it out
 39 River of Oldham
 41 Script (noun)
 42 Tiny type size
 43 Purple variety
 44 European beach
 46 Camped in the bed of a salmon



PUZZLE BY JEFF STAMM

DOWN

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 20 Part-time port
 21 Directly off-road
 22 In-a-bis-bis
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 27 Symbols of joy (verb)
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JANRIC CLASSIC SUDOKU

Lever's Silver

Fill in the blank cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Easier (Easier) to Hard (Hard).



Solution to the crossword puzzle will be in the Sudoku center found on Page 19

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GARDENING

DANDELION CONTROL

How to tame spring's first and unwanted blooms

By Eri Svendsen

Before you know it, the first spring flowers will be showing forth. No, not spring Adonis, Russian tulips or hyacinths. I'm thinking of the bright yellow ubiquitous dandelion (*Taraxacum officinale*), the bane of city parks, ditches and many lawns.

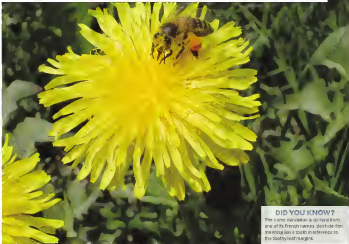
While they are considered a weed in many places and generally hated by homeowners everywhere, they do have a good side. Dandelions are a food source (pollen, pollen and leaves) for many insects, and are especially important for early foragers.

The leaves — high in vitamins A and C and with more iron and calcium than spinach — can be eaten raw or in salads or cooked. The flowers are an edible, important to dandelion weavers although they are used primarily to add flavor and color rather than as a major source for fermentation (yeast). The roots can be roasted and ground to be used as a coffee substitute. And finally the "athletic" part of its Latin name refers to its century's old and continuing use as a medicinal plant.

Like many weeds, dandelions are opportunists. The plants establish fastest where there is low competition (weak lawns) and an disturbed (grassy or bare soil). And they attack us massive. Each seed head produces between 50 and 100 seeds with each plant capable of producing up to 5,000 seeds per season. The seeds themselves can be dormant for several years, waiting for opportunity to bloom.

Understanding dandelion biology provides some clues on how to build it out. Check first for prevention by keeping your lawn healthy with proper maintenance (fertilizer, water mowing) to reduce opportunities for establishment.

Be vigilant! Root out early seedlings and established plants. Get the entire taproot by digging from below a trowel or use a dandelion removal tool (variety and options are available). Broken-off roots will re-grow like the mythical maybesed hybrid in short order. Prevent seedlings and germination



The earliest of spring flowers (if you can call them that) is the dandelion. PHOTO COURTESY STEPHEN BARNHART

by applying corn gluten to your lawn. Corn gluten, an organic weed control option, inhibits seedling root formation. Apply in early spring, coinciding with the peak of dandelion flowering. Besides acting as a pre-emergent herbicide, corn gluten breaks down into an organic nitrogen source over a five weeks. If planning to reseed areas of your lawn after a difficult winter or to cover up dog-paddle spots, do not apply corn gluten six weeks before or two weeks after topdressing.

If your dandelions are out of control and stifling them up, stopped

being an option, there is the chemical route. (Note: always follow label instructions and wear recommended protective clothing when applying.) The most common lawn weed killer is a cocktail of 3,4-D metolachlor and dicamba (Killer, Weedol, Weedol, Smartest and GreenChlor). It kills many broadleaf weeds but grass is unaffected. 3,4-D is the only chemical found in the Weeds. Dandelion has and stick but no risk of spraying is required. Glyphosate (like Roundup), if applied carefully with a spray bottle to individual dandelions, will kill

them usually with one application. Expect some collateral damage to your lawn, but these areas should fill in quickly with proper lawn care and maintenance. Nonchemical strength weedy seed is applied similarly with a spray bottle with similar incidental lawn damage.

Soon, a biological dandelion control product will be available for homeowners, turf growers and golf courses. Dr. Karen Bailey and her associates at Agriculture and Agri-Food Canada discovered a fungus (*Puccinia dandelionis*) in 1985 that attacked

DID YOU KNOW?

The name dandelion is derived from one of its French names, *dont-de-lion* meaning (don't touch) in reference to the toothy leaf margins.

do rodents and birds. After years of research and developing a shiftable granular formulation, a commercial partner (Scotts Co.) licensed the technology and recently registered those products.

This column is provided courtesy of the Sustainable Perennial Society (www.sustainableperennial.org, Acres@perennialhouse.com). Check out our bulletin board or calendar for several upcoming garden information sessions and other horticulture events in April.

Best
of

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration in want to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to bridges@thephonemag.com. One winner will be chosen each week.

Photos send entries by Monday at 9 a.m.



Last week's contest winner is Heidi McCumber. Thanks to everyone who submitted entries!

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SHARPEATS

SASKATCHEWAN FOOD SCENE

New drink mix makes morning oatmeal convenient

By Jenn Sharp

If you've ever wished you could take your morning oatmeal to go, you're in luck.

The maker of a new smoothie mix made from Saskatchewan oats hopes to become Canada's signature drink.

When George Bertram moved here from Colombia eight years ago, he was surprised that coffee, tea and hot chocolate are the main hot drink options.

Hot drinks are common in South America but they're a lot of work to make — the only have to be brewed, then cooled and blended.

Bertram set about to fill a gap in the market. Two years ago he developed Oatmeal, a smoothie mix made from oats, milk powder and Bertram's own oats.

He started with the Saskatchewan

Food Industry Development Centre (Food Centre) to make the drink easy to prepare. Oatmeal was launched a few months ago in vanilla, chocolate and cinnamon flavours. All contain skim milk powder and oat flour, but there's also a milk-free cinnamon flavour.

"I really want to turn this into an original Canadian winter drink," he says, adding that quality is important for him — all the ingredients are natural.

It's simple to make — just add ½ cup of boiling water to 3 tbsp of the mix, then blend.

The drink can be served cold and tastes even better with a handful of strawberries, a spoonful of chocolate butter or spooned through into the air. I found the mix to be quite moist so doubled the amount of water.

A grant from the Saskatchewan Agri Value Initiative (SAVI) five years ago gave the group a kick start. SAVI helps producers pro-

cess or organizations develop or expand to add value to agricultural products.

Oatmeal is in all 598 Co-op stores across Western Canada.

"It's huge for a new product and for a new company," says Bertram.

In addition to the smoothie mixes, he also launched Oatlet, which he claims is the world's first healthy coffee whitener made from oats.

"You drink coffee every day but do you think about what you are for a while?" You're only adding colour and sweetness."

Flavoured creamers and coffee whiteners are made from hydrogenated oil and a few unappetizing ingredients that he confirms skim milk powder, oat flour, sugar and natural flavour.

Oatlet's products are gluten free but can't be labelled that.

The oats are

certified gluten free but unfortunately Coles don't label products any oat products from being labelled gluten free. That hasn't hurt sales though.

The fact that it's local has helped me a lot. People like the idea that it's a local product and that it's original," says Bertram.

"I want people that come to Saskatchewan today. It was sold but those guys have a really nice winter drink." And I want that to be my drink, an original Canadian drink."

Oatlet is available at Co-op in Saskatoon and Regina, Saskatoon MarketPlace and Hair Independent Grocer in Saskatoon. Visit oatmeal.com to order online. In May Bertram and his team will be doing sampling sessions at Regina Co-op Marketplace store.

jsharp@thesaskphoenix.com
thesaskphoenix.com



By adding convenience to the Oatmeal vanilla smoothie mix. BRIDGES PHOTO BY MICHELLE BERG

WINE WORLD

#SASKATCHEWAN WINE SCENE

Toast spring with a salad-friendly pick from France

By James Romanow

One of the great pleasures of the modern era is you are no longer stuck drinking boring old Bordeaux or Napa.

There are a thousand different wine grapes out there. Many of them are grown in spots that until recently had no access to the Saskatchewan market. It's our village to drink outside the box that keeps these wines coming. One day you'll find, your poor, your huddled masses yearning to drink this wine.

It's officially spring out there and, if you're like me, you are positively hating after some green crunch. And with green crunch you need a fresh, crisp, dry white. And I have just the wine to toast Persephone this year.

In case you were bored out of that skin, Persephone is the goddess of spring. To her, I dedicate a bottle of Brummon Gros Maugre Sauvignon. You should do the same. These are the grapes of growing a small, gorgeous shade of France wedged between Bordeaux and the Pyrenees. They make wine as thrilling Bordeaux but are seldom seen outside the French border. They are also the country of fine grass.

Ever find the neck because the province has a lot of making it's worth exploring. The notion of making a wine that was not best-friendly would produce one of those Celtic stars of daisies and incomprehension. Must run,



re-visit the possible.

This is a wine of great texture, crisp citrus flavors, rustic fragrant fruits and a simple line in a white wine – add tactile structure. It can think of it as a wine as absolutely solid and appealing friendly as this one.

Brummon Gros Maugre Sauvignon, France, 2012. \$16.99

More great wines in Monday's StarPhoenix and on Twitter @jromanow

Crossword/Sudoku answers

CUPID	SCALE	RAW
UPEND	WOMAN	QVA
SONG	TRADERS	CAR
ANTI	OMANI	SKIP
	GAT	DACTYLS
CETOLOGY	THUS	
ORE	OROP	INTER
LOIR	ENE	ADATE
ASPER	SCRIN	RAIN
GLASS	CLUTS	SUBTITLE
GLIMPSE	SIR	
FRAN	RINGS	JOEM
FOR	PLAYING	SOLO
ODE	MONET	SERBS
EEL	SCATS	ASYET

2	9	7	4	6	3	1	5	8
3	8	5	7	9	1	4	6	2
1	6	4	8	5	2	7	9	3
8	7	9	3	4	5	2	1	6
5	1	3	2	8	6	9	4	7
6	4	2	1	7	9	8	3	5
7	5	6	9	2	4	3	8	1
4	2	1	6	3	8	5	7	9
9	3	8	5	1	7	6	2	4

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Fashion Show hosted by CTV Saskatchewan's news anchor
Gretchen Huber
14 local boutiques
Go to the
Saturday April 11th

AN AFTERNOON WITH JILLIAN HARRIS
presented by Saskatchewan Furniture & Woodworkers' Association
The Love It or List It! makeover host will be showcasing the afternoon with Jillian's wedding show & Tapas at the end of the day

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